

# ANTHONY ANDERSON KEEPS 'ISH' REAL

"BLACK-ISH" MAKES LIGHT OF CULTURE CLASHES. PAGE 10

# metro

**BOSTON** Wednesday, September 24, 2014 [www.metro.us](http://www.metro.us) | t: MetroBOS | f: MetroBoston

## CDC confirms enterovirus has arrived

PAGE 06

## Taylor Swift has some fans over to visit

PAGE 08



## Resist the sandwich-run at the office

PAGE 13

# Black market surgery happening in Boston

**Crime.** After a Hub woman pleaded guilty to illegally performing 10 cosmetic surgeries, one doctor says it's more common than you think. PAGE 02



**COMMUNITY.**

## IRISH EYES TO SMILE IN SEAPORT

PAGE 04

Boston's first iFest, a celebration of everything Irish, will take place this weekend at the Seaport World Trade Center. / NICOLAUS CZARNECKI, METRO



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# Doc: Cheap prices foster cosmetic black market

**Boston.** Woman busted for bad booty injections.

ing to federal authorities. There was only one problem: Tavares was not a licensed physician.

She pleaded guilty to charges related to her black market cosmetic operation last week.

Dr. Jeffrey Spiegel, a Chestnut Hill plastic surgeon, acknowledges that such black market cosmetic operations exist in Boston and outlines why they're a really, really bad idea.

"On the surface injecting material may not seem that hard ... People must look at Botox and think, 'There's nothing to this.' But I compare it to this: Twisting two metal wires together does not make you an electrician. The difference

## Quoted

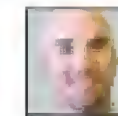
"Our government mandates who is able to do certain things. If you're not an electrician you can't just wire up a hotel. You can't just do medical procedures." Spiegel

is knowing what the risks are."

Spiegel suggested people wanting the procedure but lacking the funds to pay for it are sometimes drawn to the black market, where unlicensed and unregulated vendors are more than willing to undercut market rates with illegal procedures.

"I understand that some of these procedures are quite ex-

pensive, but it's mostly the cost of ... the filler. The doctor is not necessarily charging a ton of money. It's the material. Someone who is charging less, that's a tip off that they're not using the right material."



DANNY McDONALD  
@DMacCash  
daniel.mcdonald@metro.us

## The case

Some tidbits about the case against Tavares:

- Authorities allege she injected a clear solution into her clients. The solution, they say, came in a bottle labeled "massage oil."
- She shipped the substance from a lab in Colombia and paid \$500 for every three bottles.
- She charged \$700 per cheek, documents state.

You may have second thoughts about allowing someone to inject a solution into your backside after they inform you the substance is illegal and the effects will "last forever."

But that didn't stop at least one of Valentina Perez Tavares's clients, who was in pursuit of a more rounded rump. Tavares, of Dorchester, offered lip and butt augmentation to at least 10 people in 2011, accord-



Construction continues on the new Government Center MBTA station. / NICOLAUS CZARNECKI, METRO

## Scollay Square. Gov't Center project is on track

A total renovation of the 116-year-old Government Center MBTA Station reached its six-month mark this week, right on schedule and within its budget.

Crews recently finished the demolition phase of the project, paving the way for the construction of a bigger, fully accessible T station that officials say will be worth the wait.

"I really like this project. It just has such a huge impact on everyone," said Brian Howland, resident engineer for the MBTA. "This is the first major project in Scollay Square that has happened in over 45 years."

The project has stayed on track with its construction schedule and \$82 million budget, according to Howland, who said it was no easy feat demolishing the old station.

"The builders have done a fabulous job at overcoming a lot of obstacles," he said. "Visually it's going to be absolutely beautiful; more than just a glass box."

The "glass box" Howland refers to is a 40-foot high glass head house that will be supported by beams that have already gone up at the City Hall Plaza site. The head house will feature tables and chairs, as well as new escalators and elevators.

Mature trees will complete the picturesque vision of the new station.

"It's not only what it is going to look like, but how people will interact with the space," Howland said.

The station will be open and fully functional by spring 2016, but crews will add finishing touches through fall 2016. **MORGAN ROUSSEAU**

## Guilty

### Hyde Park men convicted in pizza deliveryman's murder

After two days of deliberations, a Suffolk Superior Court jury on Tuesday found two Hyde Park men guilty of first-degree murder for the fatal stabbing of

a pizza deliveryman, according to the Suffolk District Attorney's office.

Alexander Gallett and Michael St. Jean, along with Yamiley Mathurin who pleaded guilty in exchange for a shorter sentence, are accused of stabbing 58-year-old Richel Nova several times and slitting his throat after luring him with a

pizza order to a vacant Hyde Park home on Sept. 2, 2010.

Prosecutors say the trio also stole \$143 from Nova, as well as the food order. No other motive has been presented in the case except for the robbery.

Gallett, 22, and St. Jean, 21, are facing life in prison without the possibility of parole. Mathurin changed her plea earlier

this month to manslaughter, armed robbery and breaking and entering in exchange for a shorter sentence. She faces 20 years to life in prison but will be eligible for parole because she was 17 at the time of the murder.

Sentencing is scheduled to take place today at 10 a.m., according to the DA. **METRO**



Nova / METRO FILE PHOTO

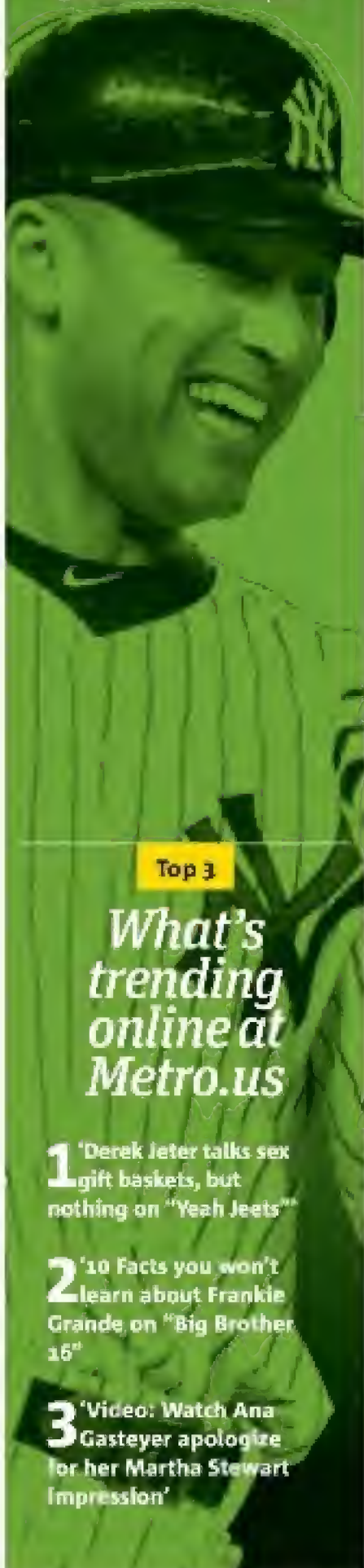
# 1

## NEWS

### Today's tweet

"Being a Boston carjacker would be hard. You yell: 'Gimme your car keys!' and they say 'Why do you want my pants?'"

@AuthorPeterPike has a point.



### Top 3

What's trending online at Metro.us

1 'Derek Jeter talks sex gift baskets, but nothing on "Yeah Jeets"'

2 '10 Facts you won't learn about Frankie Grande on "Big Brother 16"'

3 'Video: Watch Ana Gasteyer apologize for her Martha Stewart Impression'





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Members of the Boston College Irish Dance Club work on their traditional Irish step dance moves outside of Fenway Park on Tuesday. / NICOLAUS CZARNECKI, METRO

## iFest to paint the Seaport area green

**Boston.** A celebration of contemporary Irish culture is coming to the World Trade Center this weekend.

A new three-day festival celebrating Irish culture, music, food and fashion is set to kick off Friday at the Seaport World Trade Center.

The first of its kind in Boston, the culture fest will offer Jameson Irish Whiskey tastings, an Irish tea party, chef demonstrations by famous local and Irish chefs, live music, traditional costume, and of course, a Guinness bar.

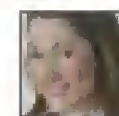
But organizers say the point of the festival is to showcase the full scope of Irish culture, not just the aspect that emerges on St. Paddy's Day.

"Irish culture is more than booze. A lot of Irish people over here have the same message. That's not how we want to be branded," said iFest creator Rachel Kelly, who hails from Dublin. "We do throw a great party, and there will be plenty of that [at iFest], but we want to show that there are all these incredible dimensions to our culture."

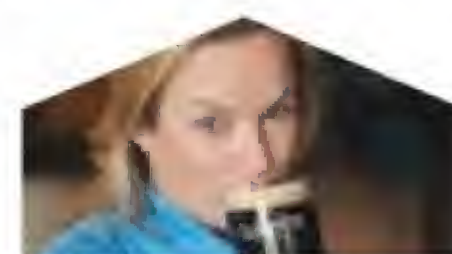
Visitors will also be able to trace their Irish lineage at genealogy masterclasses.

Before departing on an 11-day journey to The Emerald Isle last week, Boston Mayor Marty Walsh met with Kelly and Irish dignitaries at The Butcher Shop, where he was presented with his Irish Family Tree.

Tickets are \$60 and are available for purchase at [www.ifestboston.com](http://www.ifestboston.com).



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Visit **Metro.us** to read the Top 10 things you shouldn't miss at iFest.

### Quoted

**"We've battled civil wars, famines, recessions. ... We have a strength and resilience that has gotten us through all manners of hardships."**

Rachel Kelly, iFest creator on her culture

## Cape Cod. Afghan soldiers visited Mashpee strip club before going AWOL

A trio of Afghan soldiers visited a Mashpee strip joint before they went missing from Joint Base Cape Cod last week.

Maj. Jan Mohammad Arash, Capt. Noorullah Aminyar and Capt. Mohammad Nasir Askarazada went to Zachary's Pub before they disappeared on Saturday.

"I'm assuming they did what the majority of people do when they go there," said Mashpee Police Chief Rodney

### Quoted

**"They took in the scene like any normal person."**

Halpern

Collins. "I don't think they were there for the Keno or the billiards. They were there for the exotic entertainment — the performing arts, if you will."

Club owner Richard Halpern said the trio, along with

several other patrons, stayed for a couple hours and left at exactly 1 a.m., when the place closes. He said he did not know how much they drank, or if they drank at all.

The trio disappeared after a trip to a shopping mall in Hyannis on Saturday. They had been involved in training exercises at Joint Base Cape Cod and were found Monday near the Canadian border in upstate New York.

DANNY McDONALD



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Source: Statista.com 2013-14

# CDC confirms first Mass. case of enterovirus-68

**Boston.** The Bay State should brace for an outbreak to peak in coming weeks, health officials said.

The Centers for Disease Control has confirmed Massachusetts' first case of a rare virus that puts children with asthma at risk.

Officials from The State Department of Public Health announced on Tuesday that a specimen taken from an 8-year-old girl with a history of asthma has tested positive for enterovirus-68, joining Massachusetts with 30 U.S. states to confirm the virus.

The illness is known to trigger asthma attacks in children with compromised respiratory systems, and mimics the symptoms of the common cold in



Department of Public Health epidemiologist Dr. Al DeMaria, left, joined with DPH Commissioner Cheryl Bartlett to confirm the first case of enterovirus-68 in Massachusetts. / NICOLAUS CZARNECKI, METRO

healthy adults.

Massachusetts has sent 80 suspected cases to the CDC for testing, according to State Department of Public Health Epidemiologist Dr. Alfred DeMaria, though 16 percent have yielded negative results.

Regardless, DeMaria said he fully expects more cases to pop up across the state.

"The child is from the southeast part of the state ... but I would assume it's everywhere in the state," said DeMaria. "We expect it will circulate for another couple of weeks."

The enterovirus, however, does not pose as much risk to the public as seasonal influenza, he said.

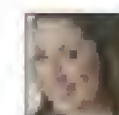
## Analysis

### Enterovirus-68 is spreading fast

From mid-August through Tuesday, a total of 213 people in 30 states have been confirmed to have respiratory illness caused by EV-68, according to the CDC.

Just last week, health officials confirmed that a Connecticut child was diagnosed with the enterovirus; it was the first case discovered in New England.

Public health officials said they do not expect Massachusetts hospitals will be overwhelmed by an influx of enterovirus patients.



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Mina's better I disagree





# Obama calls for climate pact that erases old divides



President Barack Obama speaks during the opening session of the Climate Summit 2014 at the United Nations. / GETTY IMAGES

**UN summit.** US and China agreed the two biggest emitters "have a responsibility to lead."

President Barack Obama said on Tuesday that a new global agreement on climate change needs to include strong commitments from emerging economies and to move past the rich-poor country divide that has hampered progress in U.N. negotiations.

Obama addressed the U.N. climate change summit with a statement meant to build political momentum for a global deal on climate change

in 2015 and a list of old and new commitments his administration has made to address it to date.

He said a new "global compact" needs to include strong commitments from some of the world's emerging economies, which will increase the amount of greenhouse gases they emit as their economies continue to grow. **REUTERS**

**Quoted**

"This time we need an agreement that reflects economic realities in the next decade and beyond." Obama

**Fighting terror groups**

## US and Arab allies launch first strikes on fighters in Syria

The United States and its Arab allies bombed Syria for the first time on Tuesday, killing scores of Islamic State fighters and members of a separate al Qaeda-linked group, opening a new front against militants by joining Syria's three-year-old civil war.

In a remarkable sign of shifting Middle East alliances, the attacks encountered no objection — and even signs of tacit approval — from President Bashar al-Assad's Syrian government, which said Washington had notified it in advance.

U.S. Central Command said Bahrain, Jordan, Qatar, Saudi Arabia and the United Arab Emirates participated in or supported the strikes against Islamic State targets. All are countries hostile to Assad but now fearful of the fighters that have emerged out of the anti-Assad rebellion they backed. **REUTERS**

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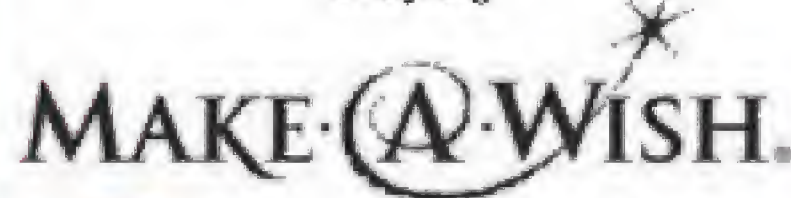
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## CULTURE



**Twitter feed**

Today, Seth Rogen is feeling his age, Jeff Ross doesn't read the news very closely and Conan O'Brien has received the latest security briefing.

@Sethrogen: When I was younger and partied till 5am I would get a hangover. Now, when I party till 5am, I get a cold for a week and a half.

@realjeffreyyross: Any updates on the Idris Elba virus?

@ConanOBrien: They're going to start locking the White House doors, but they're still going to let pies cool on the window sill.

# Taylor Swift and 35 fans party like it's '1989'

Taylor Swift shocked and delighted 35 of her biggest fans by giving them a surprise private listening session of her new album, "1989," at her Los Angeles home — after they'd been vetted by security and had their phones confiscated, of course.

Each of the fans happily posted souvenir Polaroids of themselves with Swift to Twitter and Tumblr following the event and shared some of the more interesting details — like the fact that Swift stopped the session briefly to hand out pumpkin chocolate chip cookies she'd baked herself, or that she gave in-depth back stories for each song before singing along and acting out parts of them in front of the assembled fans.

According to one fan, Swift even described her relationship with One Direction member Harry Styles in the most



Twitter user @blogilates posted this pic on Twitter, writing, "For those of u who were offline this weekend...i went to @taylorswift13's house & this happened #1989SECRETSSESSIONS" / TWITTER

Taylor Swift way possible: "She described it like trying to build a fire out of two twigs

and everyone is yelling at the fire, 'I hate you, fire!' and blowing out the sparks."

## A discouraging reaction to Emma Watson's encouraging speech

Emma Watson's impressive speech about feminism at the U.N. Monday was greeted with an ugly response: Users on the site 4Chan littered a message board with insults and one user threatened to release pirated

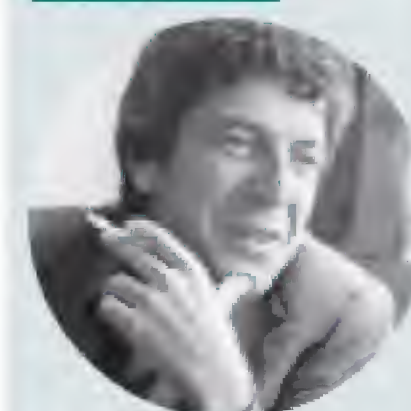
nude photos of her. Meanwhile, in our coverage, Metro objectified the good-looking man behind her, who we incorrectly IDed as her brother Alex, but was her equally sexy publicist Luke Windsor.

## Jenners' split almost official (details about the TV event to follow)

Kris and Bruce Jenner have officially filed for divorce, and much like everything else in their E!-sponsored, reality show life, they're going to work this one out in public. According to court

documents "obtained" by E! News, the couple is calling it quits over irreconcilable differences and seeking joint custody of their last remaining kid at home, 17-year-old Kylie Jenner.

### Talking points



### Leonard Cohen, smoking again

Leonard Cohen has wanted a cigarette for a long time, and by now he's likely had one. Last week the legendary singer/songwriter was asked at a listening event for his new album, "Popular Problems," what he would do to celebrate his 80th birthday, which fell over the week-end. He said he planned on smoking, a habit he kicked when he was in his 50s. "Quite seriously, does anyone know where you can buy a Turkish or Greek cigarette?" he reportedly asked. "I've been thinking about that for 30 years. It's one of the few consistent strings of thoughts I've been able to locate."

### The bonus of being a Jonas

The Jonas Brothers might have broken up as a band, but the brothers themselves are still apparently all about sharing with each other. According to Radar Online, middle brother Joe has started dating model Gigi Hadid — who previously dated youngest brother Nick.

# THE WORD

Ned Ehrbar takes on the world of gossip.

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## The Weekly Yelp. The best B&Bs that aren't too long of a drive from Boston

Life's a beach, until it's not. Fall is upon us, and the only thing better than watching the leaves turn is doing it from someone else's bedroom. Grab the ones you love and spend the night in a stranger's bed. You'll get breakfast in the morning!

### The Stepping Stone Inn

19 Washington Square, Salem

I usually have reservations about B&Bs and not knowing anything about where I'm staying, but all my worries were immediately put to rest when we were greeted by the innkeeper and his wife. These two were so refreshing and really made our trip great. I would stay here solely because of them. That being said, the inn itself is in a perfect location AND the inn has off-street guest parking. We had our choice of a couple different rooms and decided on "The Sa-

lem" room, which is all the way at the top of the house. **MARY W.**

### The Old Mill Inn

87 School St., Hatfield

Old Mill was the most reasonably priced B&B in the area (\$115 a night), so we were excited to finally plan a little getaway. Once we arrived, the Old Mill was beautifully decorated for the season. The sound of the running water below us, pumpkins, leaves, etc. I knew we had picked a winner! **LYNNE G.**

### Chesterfield Inn

20 Cross Road, West Chesterfield, NH

LOVED this inn! We were able to take the dog, which was a big plus! The room was spacious,

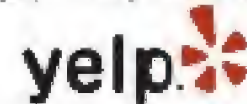
clean and comfy, with a fireplace and CD player. The staff were all kind and helpful. All our meals were delicious. **SHANNON B.**

### Carpe Diem Guesthouse

12 Johnson St., Provincetown

Coming from Boston, we didn't want to travel too far, and this place was wicked easy to get to from the city. I would say about two hours without traffic. This quaint, peaceful, and well-kept property instantly mellows you out. You feel at home, given the beautiful and serene ambience of the place. Very zen. Seriously, I could live here! **ELANA C.**

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### TV watch list



**THE REAL MYSTERY OF LAURA IS WHAT PRODUCT DEBRA MESSING USES TO GET HER HAIR TO DO THAT.**

SARAH SHATZ / NBC

### DRAMA

#### 'The Mysteries of Laura'

After a killer uses an online dating site to attack a victim, Laura decides to pose as bait on the site. **8 P.M., NBC**

### COMEDY

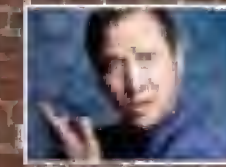
#### 'Modern Family'

Mitchell and Cameron return from their honeymoon, but Cam isn't ready for real life just yet. **SEASON PREMIERE, 9 P.M., ABC; LISA WEIDENFELD**

## BILL BLUMENREICH PRESENTS THE WILBUR



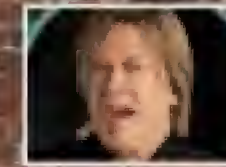
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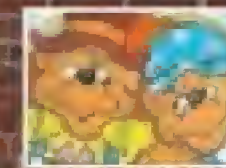
**ROB SCHNEIDER**  
SEPTEMBER 27



**LENA DUNHAM**  
NOT THAT KIND OF GIRL: IN CONVERSATION W/ MARY HARR  
OCTOBER 2 - SOLD OUT



**RON WHITE: NUTCRACKER**  
OCTOBER 3 & 4



**BERENSTAIN BEARS**  
OCTOBER 4



**NICK JONAS**  
OCTOBER 8



**GAELIC STORM**  
OCTOBER 9

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The Boston Globe



Aer Lingus





## The cast

Making  
a good  
match

Dre's struggle to help his kids with their black identity is echoed by his wife, Rainbow, a biracial doctor whose character is based on — and named after — Barris' wife.

"We really wanted someone who could go toe to

toe with me, and Tracee does that," says Anderson of Tracee Ellis Ross, who plays Rainbow in the show. Not only does Ross bring "strong comedic timing," but she shares some background characteristics with both Rainbows.

"She is a biracial woman who grew up privileged, as Rainbow did, by being the daughter of Diana Ross," Anderson points out.

# Dealing with your 'ish'

## Interview.

"Black-ish" star  
Anthony Anderson  
says the new show's  
title can apply to  
almost anyone.

On ABC's new sitcom "Black-ish," patriarch Dre (Anthony Anderson) is horrified when he discovers that his son is so removed from the black culture that he wants his father to let him have a bar mitzvah. It's a funny story about cultural identity and seems like a standard

sitcom joke, but it's based on real life. Anderson's son really asked for a bar mitzvah for his birthday.

Anderson, who executive produces the show alongside Kenya Barris, says he and Barris found a lot in common as they brainstormed ideas for the show, which looks at issues of black identity.

"Kenya's from Inglewood; I'm from Compton [both in Los Angeles]. Both of us grew up in the 'hood in the '80s," Anderson says. "We're that first generation of success, just striving to give our kids better than what we had growing up."

Of course, sometimes that means unexpected conversations. As

Anderson puts it, "Not only was my son the only chocolate drop in his classroom, he was the only chocolate drop in his grade for almost three years."

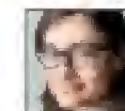
In "Black-ish," Dre feels so conspicuous as the only black family in his neighborhood that he imagines a bus full of tourists driving by and gawking at them as the family waves. "Some of the things from Dre's point of view are absurd, and the only way that we could really get away with some of the things that we want to say and do is to have it be fantasy, and so that's a device we use in every episode," says Anderson.

Although racial issues can be a serious topic, Anderson says it's easier to address them via comedy. "We've learned through experience in our real lives that some of the most difficult situations or conversations to have are that much more palatable if it's done through laughter," he says.

As for the title, Anderson thinks it's applicable to anyone. As he says, "We all have our 'ish' that we're dealing with, whether you're black, white, Latina or whatnot, we all have our 'ish,' and that's what our show's about."



ANTHONY ANDERSON  
WIREIMAGE



LISA WEIDENFELD  
@LisaWeidenfeld  
lisa.weidenfeld@metro.us

## Quoted

"Some of the things from Dre's point of view are absurd, and the only way that we could really get away with some of the things that we want to say and do is to have it be fantasy, and so that's a device we use in every episode." Anderson



"Black-ish" premieres tonight at 9:30 on ABC. / ABC, ADAM TAYLOR

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Anthony Carrino and John Colaneri, the design gurus from HGTV's "Kitchen Cousins" and "Cousins Undercover" — and real-life cousins — will get your house ready for company. / PROVIDED

# Top tips for fall entertaining

**Decor.** HGTV's "Cousins" tell us what to do around the house when the weather cools and guests are coming over.

Cooler weather may be creeping in, but that doesn't mean that outdoor entertaining has to slow down. With a little help from the hosts of HGTV's "Kitchen Cousins" and "Cousins Undercover," Anthony Carrino and John Colaneri, we learned what it takes to turn your summer oasis into an

ideal spot for a fall soiree.

## Transform outdoor furniture

Fall flowers are a great way to add color to your yard, but so is the furniture you already have. "Patio furniture and lounge chairs can get dirty easily," Colaneri says. "Give them a good cleaning if they've faded from the summer sun. If the material can be painted or stained, that's a quick, easy and inexpensive way to make them look like new."

## Rule of three

"For outdoor lighting, follow the same

## Quoted

**"If there ever was a quick decor fix this is it: Position a mirror across from a window to reflect the view from outdoors. This will instantly create the illusion of more space in cramped quarters and it can also bring some of the great foliage colors into your home."**

Colaneri, co-host of HGTV's "Kitchen Cousins" and "Cousins Undercover"

rule of three as indoor lighting. Stick to three focal points: the back porch, the garage and a spot overlooking the yard," suggests Carrino. He recommends LED lights, which have a bonus: "Since LED lights don't get hot, they won't attract bugs."

## Grill on

When asked if grilling is appropriate in fall weather or if it should hibernate until next spring, Carrino says it works in autumn. "Whether tailgating or hosting a party on your patio, grilling is definitely still acceptable in the fall."

JULIA WEST  
@MetroPhilly  
jwest@metros



## Bonfire

## Heat it up

"A fire pit is an easy way to keep warm while entertaining outdoors on cool fall nights," says Colaneri. "Increase the coziness by adding new pillows to your patio furniture or a matching throw that you can bring outside when temperatures drop."



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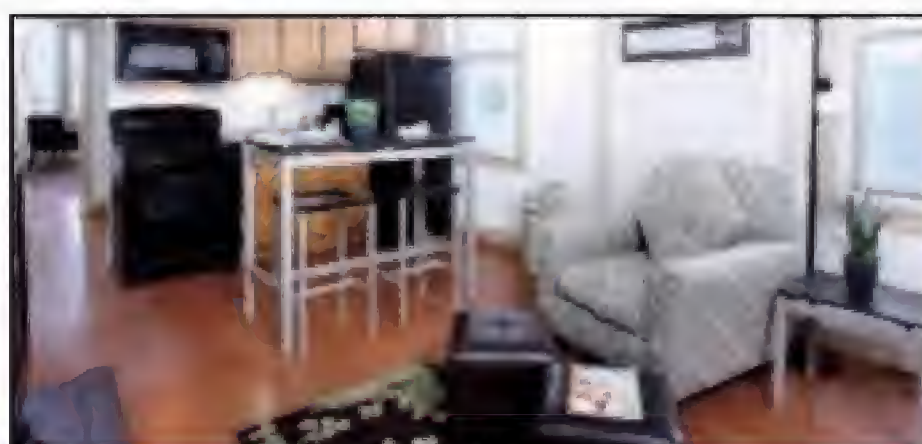
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Source: Scarborough 2012, LI

## Zellweger selling her mansion in Connecticut

**Real estate.** Her home has been on the market for months.

For \$1.6 million, you can buy the 38-acre property belonging to Oscar-winning actress Renee Zellweger.

The farm estate in

Pomfret, Connecticut, at 96 Cotton Rd. includes a main Colonial-Federal residence, a guest cottage, a recreation barn and outbuildings. There is also a registered helicopter landing area. The actress purchased the property, known locally as the Cotton Tavern, in 2004, and it has been on the market for three months.

**BOSTON.COM**



Zellweger / GETTY IMAGES

### Geography

#### 'Pleasant' is state's most popular street name

If you've ever thought it seemed like all the streets in Massachusetts have the same name, you're not wrong: 215 towns have a

Pleasant Street in them. The Boston Globe compiled a list of the most frequently used street names in the Bay State using data from the Department of Transportation. While Pleasant Street was the most popular (because every town wants to sound pleasant, right?),

there was a two-way tie between Main Street and School Street for the No. 2 spot, with 200 municipalities featuring them. Maple Street and Elm Street rounded out the top five, with 185 and 181 occurrences, respectively. **BOSTON.COM**



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# OUTSMART THE OFFICE FOOD OBSTACLES

Inevitably, we all make certain sacrifices in our personal lives for the sake of our jobs. A few hours of sleep, breakfast with the kids, midweek errands, first dibs on a major sale: These things have a way of falling by the wayside when we're committed to our 9-to-5s.

Hopefully, it goes without saying that your

health should never make this list. Between catered lunch meetings, co-workers' birthday celebrations and communal snacks, many of us face job challenges that are both deadline- and diet-related.

Here's an assortment of strategies for beating the top food foes in your office.

## Joy's Healthy Bite

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Hear from the health and wellness expert for the "Today" show and "The New York Times" best-selling author.



## Scenario 1

Your office meetings are catered with tempting but totally unhealthy foods.

**Solution:** Bring a brown-bag meal to your meetings. If you spend time preparing your meals (or spend money buying them), you'll feel obligated to eat whatever you've invested in, no matter how tempting the junk food is. Go the extra mile to make your food delicious and exciting, and you won't think twice about the pastry platter.



## Scenario 2

Your co-workers order group lunches from nearby restaurants, but their top picks include pizza, burgers, fried foods and overstuffed sammies.

**Solution:** Collect menus from your

colleagues' favorite restaurants and highlight the healthiest options on each one — then use a black marker to cross out the ones that are the worst for your waistline. Stash the menus in your desk drawer, so when you find out what everyone's craving for lunch each day you can quickly

skim the low-cal listings (and remain happily oblivious to the uber-cal ones).

In case of spontaneous orders, a quick Internet search will turn up their menu. Browse for salads, veggies and lean proteins that are cooked any way but frying.

## Scenario 3

Your cubicle neighbor keeps a bowl of candy on her desk — and it's calling your name every time you need a pick-me-up.

**Solution:** Suggest that she store the goodies in a desk drawer or any spot hidden from your line of sight, and offer an explanation for

your request if you feel comfortable doing so. Alternately, you can wait until the stash runs low and then gift her a bag of candy you're not crazy about. A final option: Place an empty jar on your own desk and stick \$1 into it each time you resist a candy craving. At the end of the week, treat yourself to something special!



## Eye exam. Why you probably need a checkup

Got 20/20 vision? You still need a yearly eye exam. The eyes really are the window to much more. A checkup can forewarn of major diseases, such as cancer and heart disease. Dr. Jacqueline Busingye, assistant professor of ophthalmology at the Icahn School of Medicine at Mount Sinai, explains how eyes offer a glimpse into what's going on in the rest of your body.



Those hipster glasses may still be in style, Elijah Wood, but you should be getting your prescription checked every year. / GETTY IMAGES

## The big picture

"In an eye exam, we can see the blood vessels and the optic nerve. It's the only nerve in the body we can actually see," says Busingye. "Nerve abnormalities tell us there's a possibility of a brain tumor or other tumors. There are lots of tiny blood vessels that allow us to see the potential for disease in other parts of the body. Sometimes we find bleeding in the back of the eye, or we see inflammation. Then we work out the underlying cause."

## Infectious disease

At the beginning of the exam, the first thing the doctor does is rule out infectious diseases, such as Lyme disease or syphilis, or inflammatory issues, such as autoimmune disorders.

## Common ailments

Then comes the check for other possible illnesses. Not everything can be detected in an eye exam, but those that can include diabetes, cancer, high blood pressure, high cholesterol and thyroid disease. High blood pressure, for example, can cause bleeding or malformations in the eye's blood vessels. Plaque from high cholesterol can damage the eye's tiny blood vessels before affecting larger arteries.

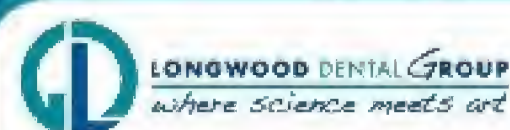
LINDA CLARKE

## Prevent problems

## Save your eyesight

Detecting, diagnosing and treating conditions not only gets them under control, but can save eye damage from becoming permanent. "Unfortunately, we take our vision for

granted until we wake up and can't see so well," says Busingye. "It's not until it's threatened that people do something, and by then, if damage has occurred, it's too late."



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## Horoscope

**♎ Libra | Sept. 23-Oct. 22.**  
Your schedule will be hectic. Rely on trusted colleagues to help you manage your tasks. Your collaborative efforts will result in a creative concept.

**♏ Scorpio | Oct. 23-Nov. 21.**  
Make sure that you ask for any current deals to be put in writing. Don't be taken in by a swindler with unrealistic promises of quick money. Prudent, well-thought-out investments will pay off over time.

**♐ Sagittarius | Nov. 22-Dec. 21.**  
Your vision may be clouded regarding a heated encounter. Don't make a commitment or bold declaration until you have taken an honest look at extenuating circumstances.

**♑ Capricorn | Dec. 22-Jan. 20.**  
Your generosity will cause you to neglect your own duties. It will be difficult, but you will be relieved once you learn to say no.

**♒ Aquarius | Jan. 21-Feb. 18.**  
Keep things moving smoothly and continue to stick to the schedule and routine that got you where you are. If you are too nonchalant, an opportunity may pass you by.

**♓ Pisces | Feb. 19-March 20.**  
Changes to a current relationship will puzzle you. Tackle legal, financial or health matters if you are involved in a joint venture.

**♈ Aries | March 21-April 20.**  
Do your best to get to know people who share your interests and values. A travel experience will provide the motivation and inspiration to initiate positive personal changes.

**♉ Taurus | April 21-May 21.**  
Maintaining a healthy lifestyle is crucial if you intend to pursue your personal and professional goals. Keep up to date with medical appointments, good nutrition and exercise.

**♊ Gemini | May 22-June 20.**  
Expect to face friction when working on a project with someone who thinks differently. Don't let anyone undermine you, but don't ignore quality advice either.

**♋ Cancer | June 21-July 22.**  
It's time for some truthful introspection. Ask yourself if you've been fair to those around you, and, if not, admit your shortcomings and clear the air.

**♌ Leo | July 23-Aug. 22.**  
Remember to have fun. It's possible to get so caught up in day-to-day drama that time flies by. Spend quality time with family and close friends whenever you can.

**♍ Virgo | Aug. 23-Sept. 22.**  
Your intuition can be a powerful tool. Trust your instincts regarding professional strategies. Focus on forward motion, not rehashing the past. **EUGENIA LAST**

## Letters

## Where's Waldo? Having fun with AWOL troops

I find it humorous that the picture of Waldo appears directly above the caption, "Border patrol finds Afghan troops AWOL from Cape Cod" (Metro, Sept. 23). I could envision a garrison of troops crossing the Rainbow Bridge into Canada with Waldo in their midst. As I write this, I realize both letters to the editors in this edition were also

penned by people named Tom.  
**TOM HURLEY, VIA EMAIL**

## Cyclists are worse criminals

**Re: 'Stop hating cyclists' (Metro, Sept. 23)** I vehemently disagree with the letter from Janice Amato regarding cyclists. Ms. Amato fails to mention the blatant running of red lights by most cyclists, which continually endangers the safety of pedestrians. Also not mentioned is the use of sidewalks by cyclists. They are called sidewalks, not

sidebikes. Ms. Amato. These traffic violations FAR outweigh the pedestrian violations mentioned by Ms. Amato. When cyclists stop whining, stop running red lights and stop riding on sidewalks, I will give more credence to Ms. Amato.  
**RAYMOND S. ROY, VIA EMAIL**

## We're mortal, so no point in complaining

I have a question for all you "global warming/climate

change" enthusiasts who feel you need to complain about something. Do any of you know how big those SUVs were that the dinosaurs were driving around the last time Mother Earth went into an ice age? By the way, by definition we are actually still in an ice age. It's called the "circle of life." Accept it and try to enjoy the short time you have on this planet.  
**BILL BOWERS, VIA EMAIL**

letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Sudoku: Easy and hard

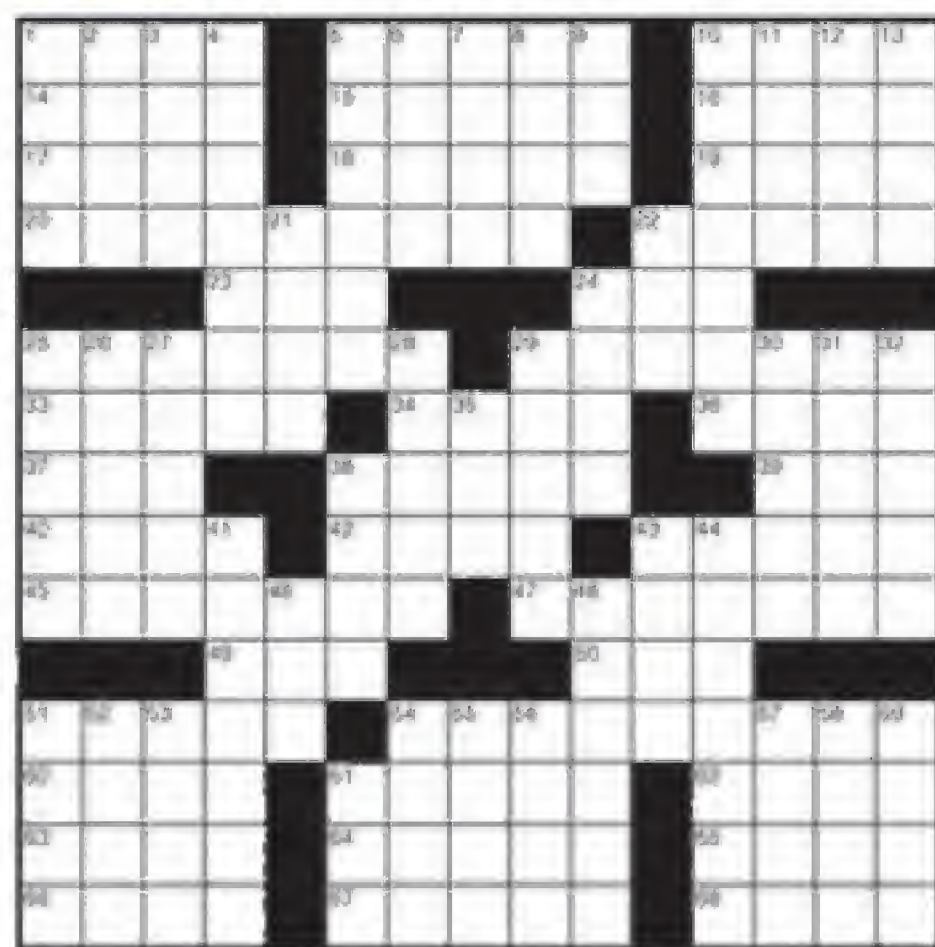
8			6				3	
				1	9			6
7						2	1	
	7	6		8			9	5
		8		7		6		
1	9			5		7	2	
	3	7						1
9			7	3				
	5				4			7

		6			2	3		9
	5			3				8
2		3		8		6		
7						5		
	3	2				9	1	
		9						2
		7		5		8		3
3				4			9	
1		8	6			7		

## How to play

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Crossword



## Across

- 1 Bad habit
- 5 Harebrained
- 10 Solemn promise
- 14 Just touch
- 15 Firm refusal
- 16 La — Tar Pits
- 17 Shriveled
- 18 Ford, perhaps
- 19 Advanced
- 20 Strenuous efforts
- 22 Zen riddles
- 23 After expenses
- 24 Kyoto honorific
- 25 Worked clay
- 29 Lancelot et al.
- 33 Lunar trenches
- 34 Lai —
- 36 Tallow source
- 37 Cutting tool
- 38 In plain sight
- 39 2001 to Ovid
- 40 Brass component
- 42 Plant parasite
- 43 Mountain feature
- 45 Kind of sale (hyph.)

## Down

- 47 Inherent qualities
- 49 Here, in 1e
- 50 Barge pusher
- 51 Thingamajig
- 54 Feeling at home
- 60 Hi's wife
- 61 UFO pilot
- 62 Underway
- 63 Conductor — Klemperer
- 64 Sculpt
- 5 Very willing
- 66 Might's partner
- 67 "I thought — never leave!"
- 68 Sense organs
- 1 Flower holder
- 2 Alpine goat
- 3 Salt or pickle
- 4 Without end



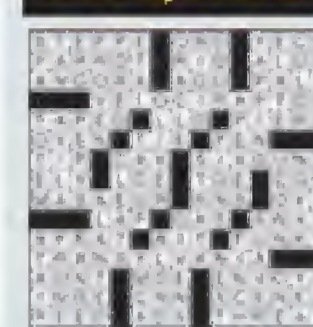
- 5 Stir up
- 6 Orchid-loving Wolfe
- 7 Cosmetics brand
- 8 Loch — monster
- 9 Speaker's pauses
- 10 Rectangles
- 11 Bailiwick
- 12 Vol's state
- 13 Straw items
- 21 Spreads hay
- 22 Chiang — -shek
- 24 Bad mood
- 25 Like Herriman's Kat
- 26 Undeliverable mail
- 27 Ms. Verdugo
- 28 Bowie or Letterman
- 29 Isak's real name
- 30 Go along with
- 31 Arizona city
- 32 Messy quarters
- 35 — up (abate)
- 38 All, in combos
- 41 Bright red
- 43 Leave speechless
- 44 Tourist's burden
- 46 Kind of system

Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



## Yesterday's answer



- 48 Made up for
- 51 Latch onto
- 52 Pinch
- 53 Tubular pasta
- 54 Dull and boring
- 55 Gael republic
- 56 Tariff
- 57 "La — Bonita"
- 58 Close by
- 59 Is on the go
- 61 False front



# Betts is a safe bet to be with Sox longterm

**MLB.** Mookie Betts has made a strong case to a part of Boston's everyday lineup next season.

Though the Red Sox have been out of contention for quite some time, they have had a number of young prospects come up and provide some excitement for the future. One of those prospects being Mookie Betts.

Betts tore through the Red Sox minor league system this season as between Double-A Portland and Triple-A Pawtucket he batted .346 with an astonishing on-base percentage of .431. The 21-year-old also had a flabbergasting 71-game on-base streak, including the postseason, beginning in 2012 with Class-A Salem.

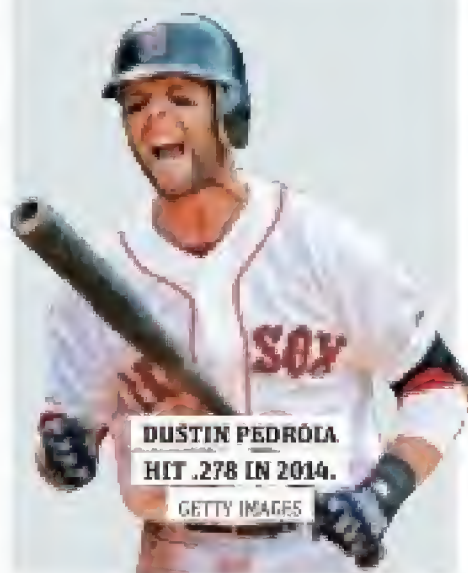
The fifth-round draft pick in 2011 was a second baseman until late this spring when the organization saw the need for a center fielder. They initially had the athletic Betts take fly balls during batting practice when he was with Portland and eventually that turned into playing time in center, where he played the majority of his games in Pawtucket.

With Shane Victorino bat-

## Second thoughts

Despite Betts' terrific play, Dustin Pedroia will most likely be Boston's starting second baseman in April of next year.

- Pedroia's current contract runs through the 2021 season.
- The 31-year-old hit .278 with seven home runs and 53 RBIs in 135 games played this season.



ting injuries all season, Betts was called up to the majors on June 29 when the Sox were in New York and he recorded his first hit in his first game played. He was optioned back to Triple-A on July 19 when Victorino came back, but given Boston's outfield situation, he went back and forth

for much of August.

Having been with the big league club since Aug. 18, Betts has made a lasting impact while getting a chance to hit out of the leadoff spot, with Brock Holt missing extended time with a concussion. Now with the addition of Rusney Castillo and with Dustin Pedroia out for the season because of wrist surgery, Betts is back to his natural position of second base.

In 16 games batting lead-off, Betts is hitting .302 with an on-base percentage of .380. He's also adjusted well to the big leagues as in 36 games between August and September he is hitting .294 and posting an on-base percentage of .383 — not bad for a 21-year-old who started the year in Double-A.

Now the question is, where does Betts play next season?

Castillo seems like the choice to play center field and Pedroia will be back at second base. Or the club could have Castillo shift to right field, with the uncertain health of Victorino, and have Betts play center.

"We're happy that they're both here," Red Sox GM Ben Cherington said. "I'm sure it'll work itself out."

RYAN HANNABLE  
@RyanHannable  
sports@metro.us

## MLB. Girardi planning to play Jeter at Fenway

In all likelihood, the final pitch Derek Jeter sees as a professional baseball player will be at Fenway Park.

Unless the Yankees get incredibly lucky in the next few days, Jeter will play his final home game at Yankee Stadium on Thursday against the Orioles. Recently, there has been a question as to whether or not Jeter would

want his true final game played to be at home or at the home of his longtime rivals this upcoming weekend.

"My plan is to play him [in Boston]," Yankees manager Joe Girardi said Tuesday afternoon. "Obviously if things happen and we are eliminated then obviously I'll talk to him on a daily basis. My plan is to play him." **MATT BURKE**



Mookie Betts is batting .283 this season with five home runs and 14 RBIs in 46 games played. / GETTY IMAGES

# 3

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Derek Jeter will likely play this weekend at Fenway. / GETTY IMAGES



## NFL power rankings | by Matt Burke

No. 1

Seahawks  
(2-1)

Yes, the Seahawks gave up 17 fourth-quarter points at home Sunday. And yes, people are actually throwing at Richard Sherman again. But if your life was on the line, would you really pick the Broncos or Bengals over Seattle at a neutral site?

No. 2

Broncos  
(2-1)

We're absolutely sure that Peyton Manning is 38 years old, right? Any "Manning birthers" out there with me? A guy that age, with that neck, is not supposed to march his team 80 yards in one minute, on the road, against the best defense in the league. Denver has a bye this weekend.

No. 3

Bengals  
(3-0)

This may be seen as disrespect. But is what they've done so far — a seven-point win over Baltimore and two home wins over Atlanta and Tennessee — really that impressive? More impressive than Seattle's 2-1 record against a Green Bay-San Diego-Denver meat grinder?

No. 4

Cardinals  
(3-0)

How impressive does Arizona's Week 1 win over San Diego look right now? The only thing that may eventually upset the apple cart is a potential quarterback controversy when Carson Palmer returns. Palmer may lose his job to a guy who used to back up immortals like Dan Orlovsky and Shaun Hill.

No. 5

Eagles  
(3-0)

Jeremy Maclin, Jordan Matthews and Riley Cooper are all capable of 100-yard receiving days. The question here, of course, is can the defense hold up? Philly is allowing 26.0 points per game so far this season, tied for 26th worst in the NFL.

No. 6

Chargers  
(2-1)

San Diego could very well be atop these rankings by mid-October. The Chargers host the Jaguars and Jets in the next two weeks and then go on the road to face the Raiders in Week 6. And if Keenan Allen gets going? Look out. The Broncos could have some serious intra-division competition.

No. 7

Bears  
(2-1)

After losing at home to the Bills in Week 1, Chicago has won night games at San Francisco and at the Jets. You figure it out. The Bears have proven so far that they don't absolutely need a dominant day from Matt Forte to win a big game.

No. 8

Falcons  
(2-1)

Atlanta put up 56 points at home to Tampa Bay and totaled only 10 points on the road against the Bengals. They're the early candidate for "bully team of the year," beating up on the dregs and cowering to legit teams. They get the pushover Vikings this weekend.

No. 9

Ravens  
(2-1)

Baltimore has played three division games to start the year and it has come out of it 2-1. Not bad at all. ... We'll take some of what Steve Smith Sr. is having. The Ravens have two tough games against Carolina and Indy on tap before they get to the hapless Bucs.

No. 10

Bills  
(2-1)

Were we fooled by Buffalo's traditional September surge? Maybe. OK, probably. E.J. Manuel completed just 59 percent of his passes against the Chargers. But the Bills should be able to linger here. They have winnable games on the road against Houston and Detroit the next two weeks.

No. 11

Steelers  
(2-1)

We heard it all preseason: Ben Roethlisberger. Contract year. Big Ben only had 196 yards passing against Carolina on Sunday night, but his two touchdown passes were pinpoint and he finished with a rating of 112.6 in Pittsburgh's blowout road victory.

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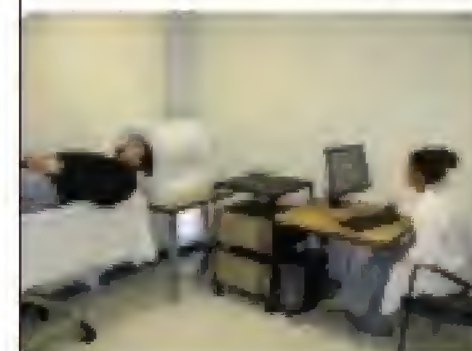
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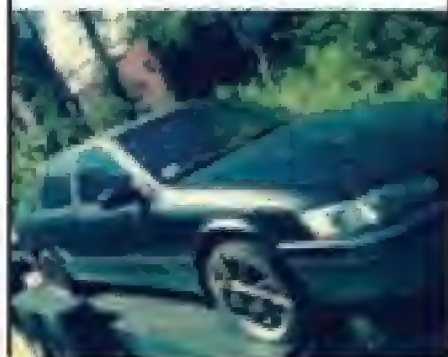
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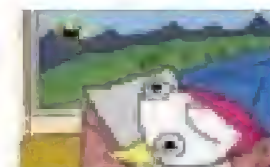
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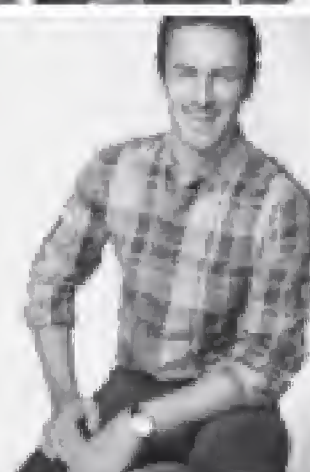
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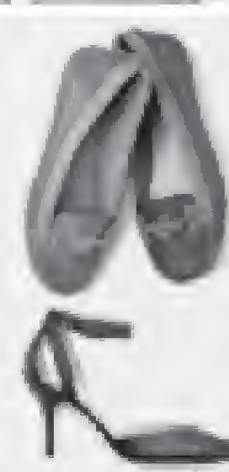
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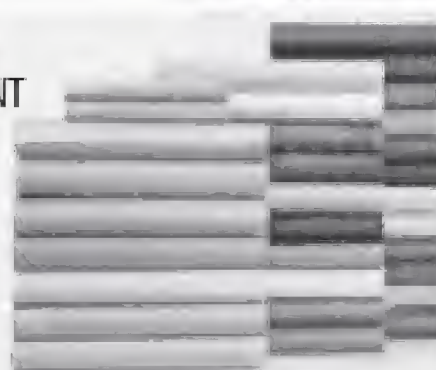
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Fine jewelry clearance available at stores that carry fine jewelry. Second item must be of equal or lesser value than first item; returns must include all items.

One bonus per customer per offer, while supplies last. Returns must include purchased and bonus items.

➤ REG. & ORIG. PRICES ARE OFFERING PRICES AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. GET READY FOR FALL SALE PRICES IN EFFECT 9/24-9/28/2014, EXCEPT AS NOTED. \*Intermediate price reductions may have been taken. \*\*Excludes Cosmolite. Orig/Now items will remain at advertised prices after event and are available while supplies last. Extra savings are taken off sale prices; "final cost" shows price after extra savings. Jewelry photo may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macys.com for locations. Luggage & electric items shown carry warranties; to see a manufacturer's warranty at no charge before purchasing, visit a store or write to: Macy's Warranty Dept., PO Box 1026 Maryland Heights, MO 63043, attn Consumer Warranties. Advertised merchandise may not be carried at your local Macy's and selection may vary by store. Prices and merchandise may differ at macys.com. N4080428.